

# 4-2-5 Defense

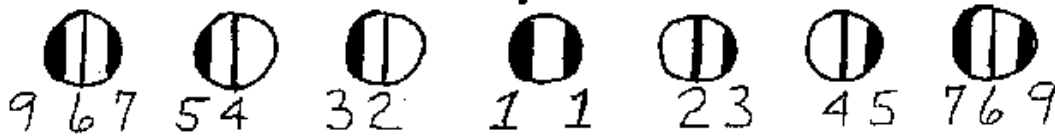
by Tom Brandow

## Defensive Philosophy

1. Confuse offensive blocking schemes by using different fronts:
2. Control adjustments with secondary without changing or confusing the front:
3. Can shift front or defense to strength of the offense
4. Cut off the inside and funnel everything to the outside: E-T + LB shut the inside off and force the ball outside.
5. Have a good basic package of blitzes and stunts



## DEFENSIVE TECHNIQUE NUMBERING SYSTEM Alignments



The Numbering System is set up for Alignment of our defensive front: 2 defensive Tackles; 2 defensive ends, Strongside LB - SAM; and Westside LB - Willie.

### Tackles:

- (A) When Aligned over the center - will be in a "1" tech - outside eye: to Westside (Away from call)
- (B) When over a guard - will be in a "2" tech: head up, or a "3" tech - outside eye:
- (C) When over a tackle - will be in a "4" tech - head up:

### Ends

- (A) callside (strongside) END - When TE is to your side - will be in a "6" tech - head up on TE (42)  
Adjustments can put him in a 7 (inside eye) or 9 (outside eye) tech: If no TE to his side - use Ghost End for alignment)
- (B) Westside End (away from call) - will be over the tackle  
When over the tackle - be in a "5" tech - outside eye:
- (C) Split Rule -

## LB

### SAM (Strongside)

- (A) When over a guard - "2" tech - head up:  $3\frac{1}{2}$ -4 yds deep - (Normal depth)
- (B) When over a tackle - "4" tech - head up -  $3\frac{1}{2}$ -4 yds deep:

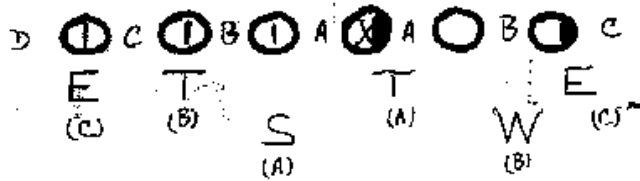
### Willie (Weakside LB)

- (A) When in a 50 or Eagle front: Will Align more toward inside leg of tackle - to help hide him:
- (B) When in an 40 front - Will be in a "2" tech - head up on the guard:

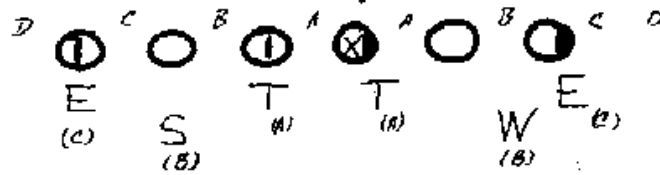
# Gap Responsibilities



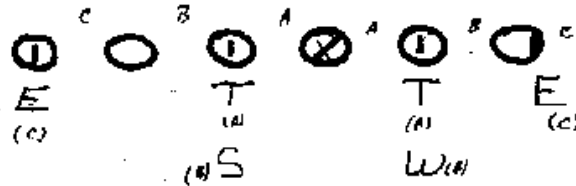
## 50 Front



## 50 Eagle



## 40 Shank



Note: Def. Line within in 2, 4, 6 tech - inside gap.  
 when in 3, 5, 9 - outside gap.

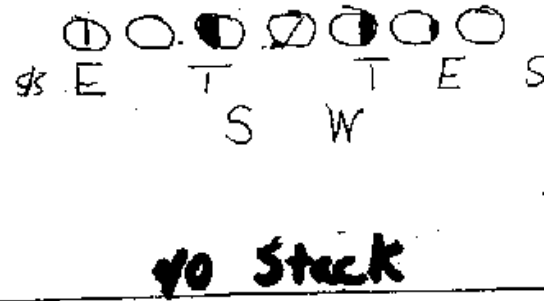
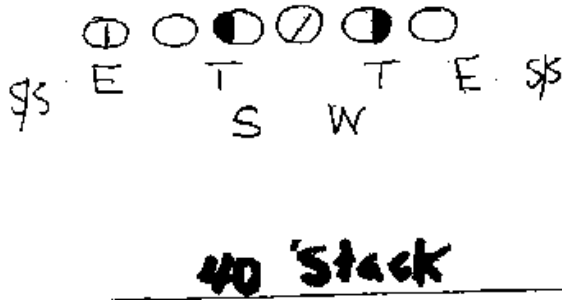
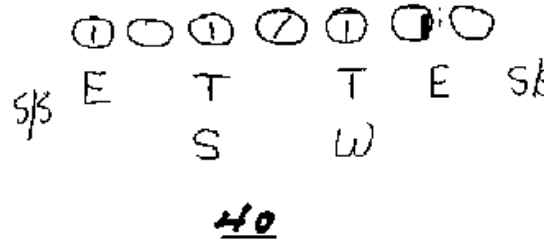
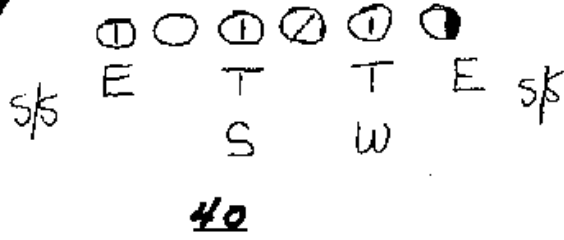
## Defensive Fronts

<i>vs Split End</i>	<i>vs Z TE</i>
<p style="text-align: center;"><b><u>50</u></b></p>	<p style="text-align: center;"><b><u>50</u></b></p>
<p style="text-align: center;"><b><u>50 Eagle</u></b></p>	<p style="text-align: center;"><b><u>50 Eagle</u></b></p>
<p style="text-align: center;"><b><u>50 Eagle Stack</u></b></p>	<p style="text-align: center;"><b><u>50 Eagle Stack</u></b></p>

Fronts

vs Split end.

vs R.T.E.



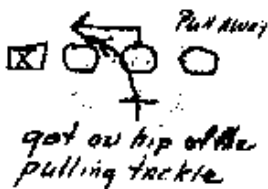
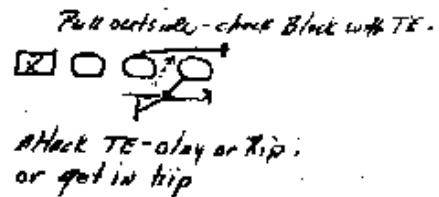
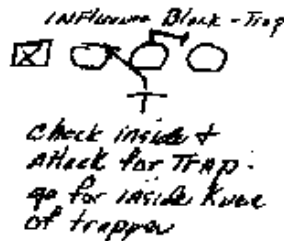
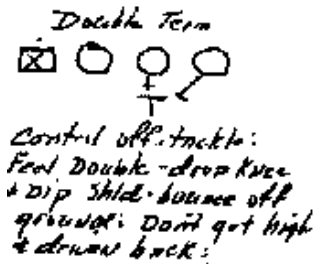
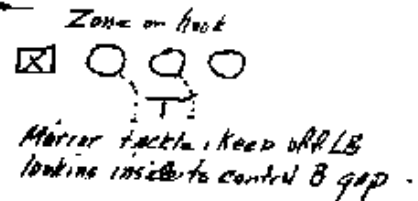
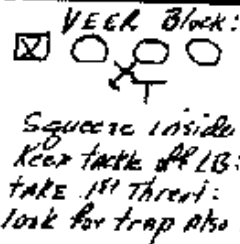
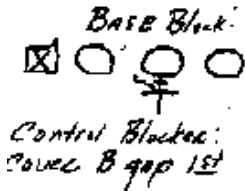
# TACKLES

## 4 Technique

(Straussler tackle) 50 down

- A. "4" Tech - head up on offensive tackle
- B. 4 point stance - 3 pt on pass rush situations
- C. Read Feet of offensive tackle
- D. Mirror and attack on movement, short (6 inch) step, explode with hands on numbers or chest of opp. blocker. Have and get leverage; get separation and keep feet moving: find ball; "slay" or swim - get rid of blocker.
- E. Control "B" gap
- F. Ball away - control blocker - check cutback - pursue down the line.

## Blocking Schemes

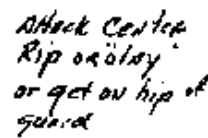
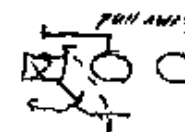
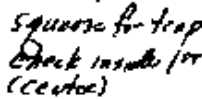
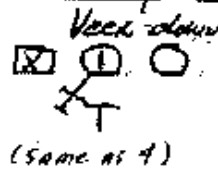
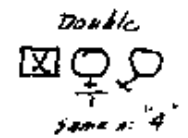
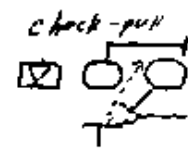
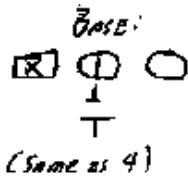


# Tackle

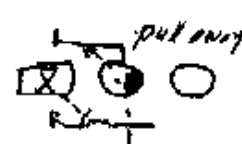
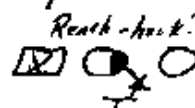
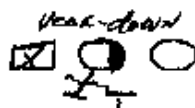
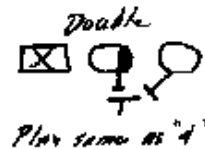
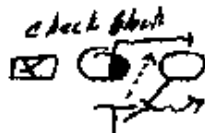
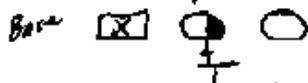
2 Technique (50 Eagle + 40) head up on guard:

- (A) Use same stance, Reach, attack tech. as 4 tech tackle:
- (B) Control A gap 1st:
- (C) Ball Away - slowly check outback 1st: then pursue

## Blocking Schemes



3 Technique (40 split, Eagle stack) "3" alignment - outside eye.



# Tackles:

## 1 Technique (Nose Tackle or 50)

Same stance etc. as 4: Read center foot:



attack & scumpe  
check cutback  
control a gap



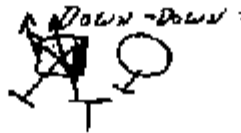
Reach  
Control a gap  
Don't get hooked



Double  
same as "4"



scumpe  
Keep off LB  
If wide scumpe  
go behind first



Remember or flow away - play slow for  
cutback 1st;

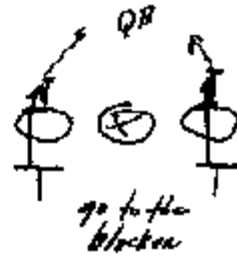
# Tackles

## Pass Rush:

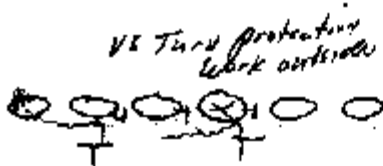
- A. Stance - 3 pt: good stagger for power
- B. Check draw as Rush:

## Rush Technique

1. Speed (Power) Rush
2. Hit and Swim
3. Hit and Rip
4. Rip and Spin



Never go more than one yd. beyond DB.  
hear "Draw - Come back fast inside."

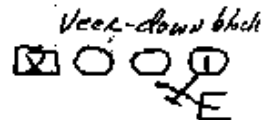
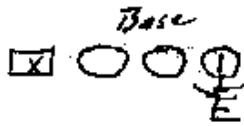


# Endo

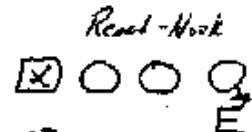
## 6 Technique

(Strongside Endo)

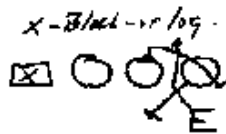
- Head up "6" ON TE or # 2: (slot)
- Stance - 3 pt
- same Reach vs Tackle: - Reach feet: same attack tech:
- Responsible for C gap 1st



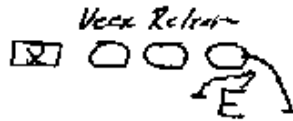
Keep TE off LB  
Squeeze inside  
like 1st Threat



control TE: - check  
C gap 1st:



Fight up through  
blocker - after chasing



one step out - hang  
over break technique  
shld drop 1 yd back:

## 5 Tech: End (Weakside)

Play same thing as 4 Tech dot. tackle: except he  
is in a 5 & not head up: Has "C" gap:

Endo will use same pass Reach technique  
As Tackle:

## Blocking scheme for LB:

(A) Stance - good 2 pt :- low:

(B) Ready guards

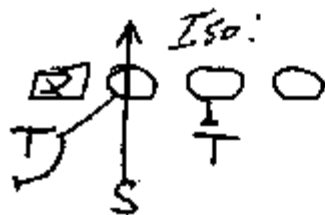
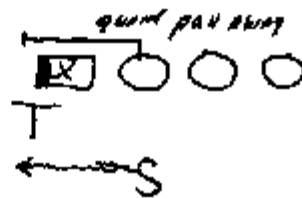
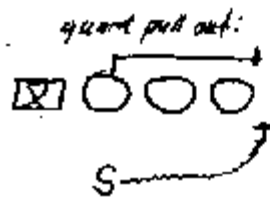
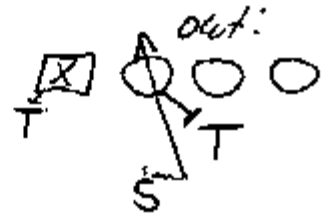
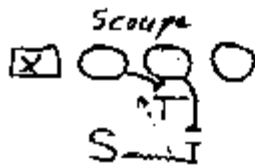
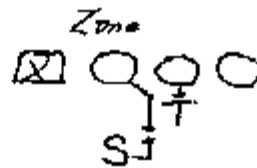
\* (C) little or no movement when ball swapped:  
sit & Ready scheme:

## SAM

Strangside LB: plucker

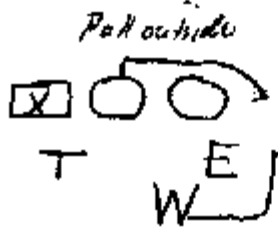
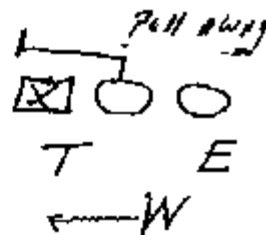
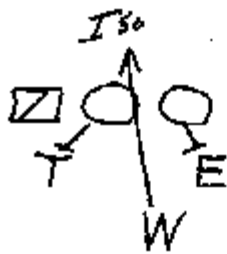
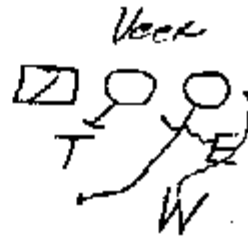
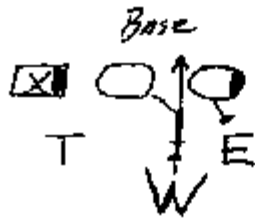
Depending on front - has A or B gap

## Schemes for SAM



# LB Schmeel

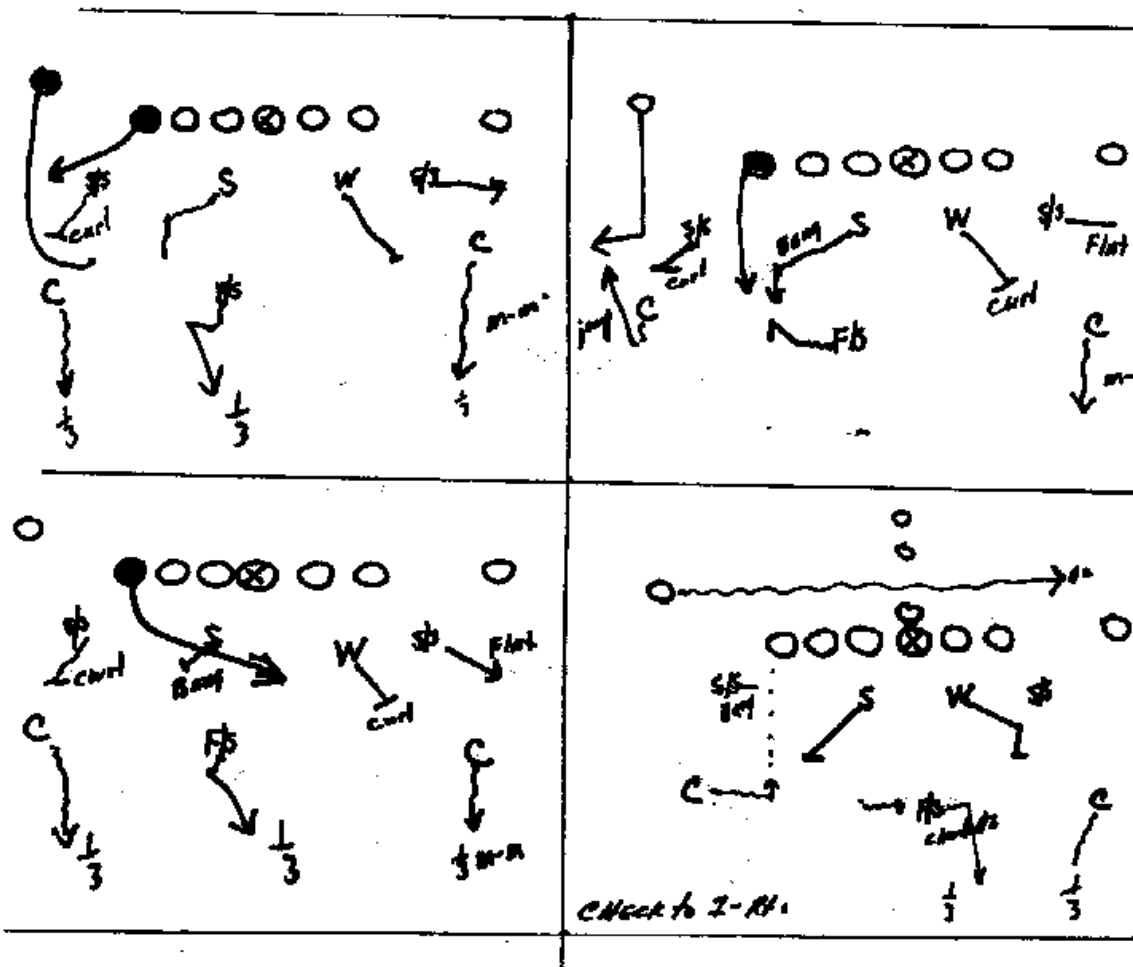
Willie





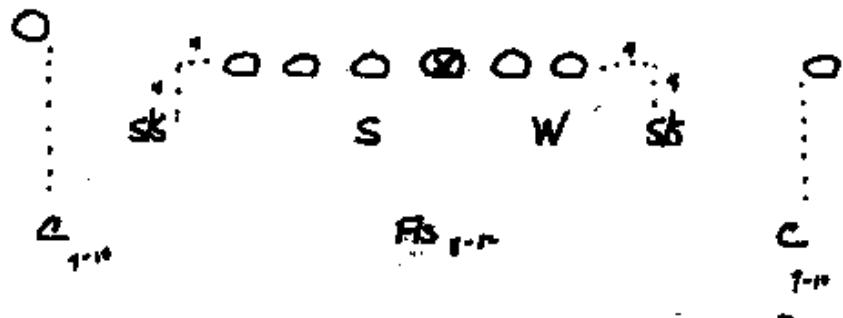


Cover 1 (lead)

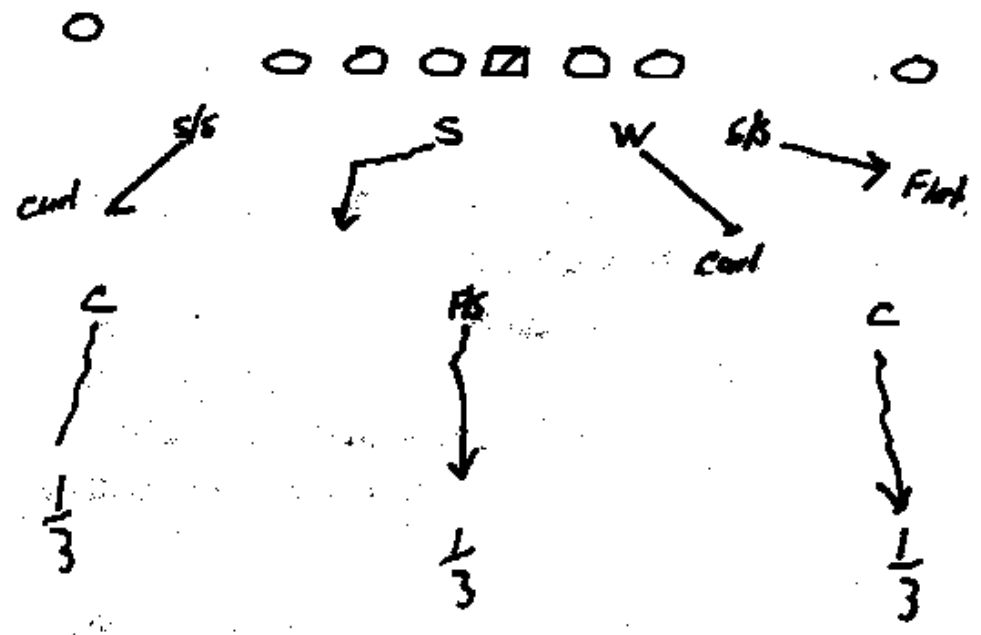


Cover 1-Stay  
(3 deep)

This is a pure 3 deep coverage - No Reads:



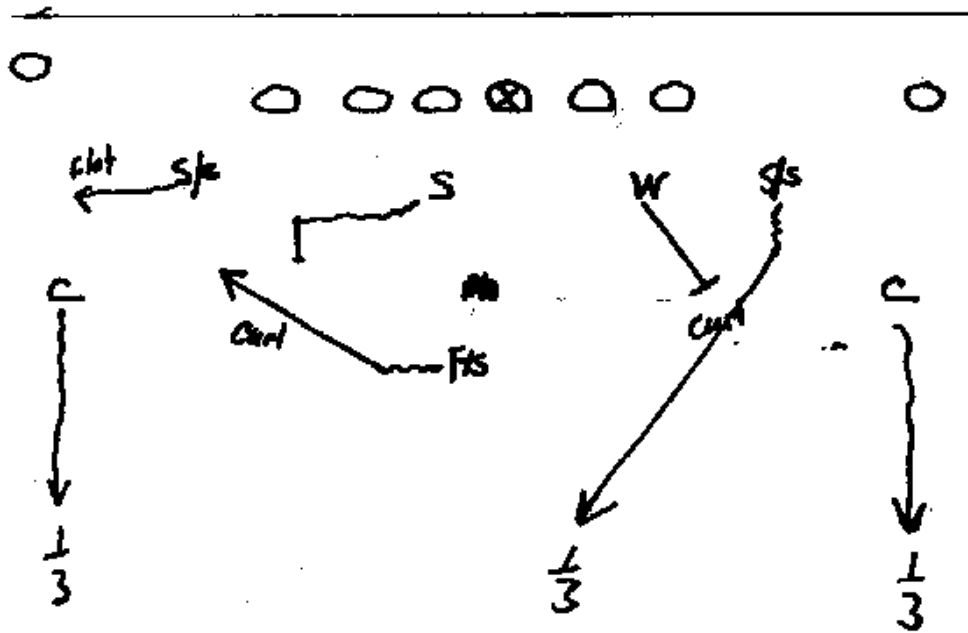
Use same alignment as Cover 2 (Read)



IF COVER 2-FIRE is called: WBS FIRE  
(stop)  
All other genes are the same:

### COVER 3

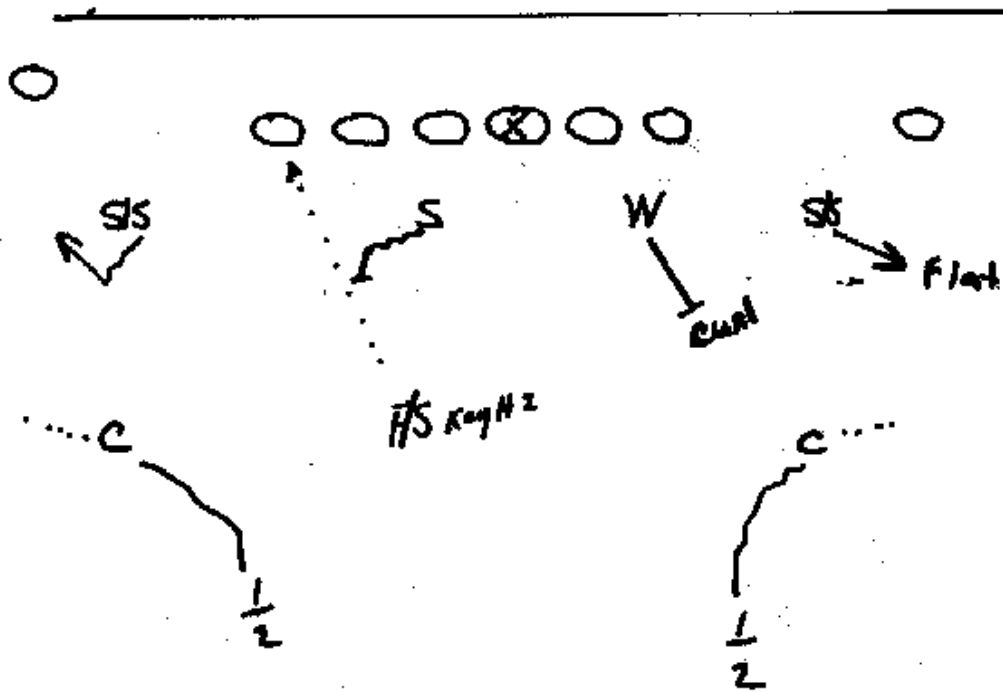
Robber or Spant 3 deep coverage  
Good for Trips or hash call:



1. Same Alignment as Cover 3:
2. Can be in SO back to get hole from Sun on #2:
3. FS now becomes the Robber - he covers Curti-son man:
4. SS (strongside) - 7/1st
5. SS (weakside) - Runs to Middle ( $\frac{1}{3}$ )
6. Both CB - outside  $\frac{1}{3}$

Cover 3 Fire - same coverage except  
strongside SS fires:

Cover 4:  
(2 deep-halves coverage)



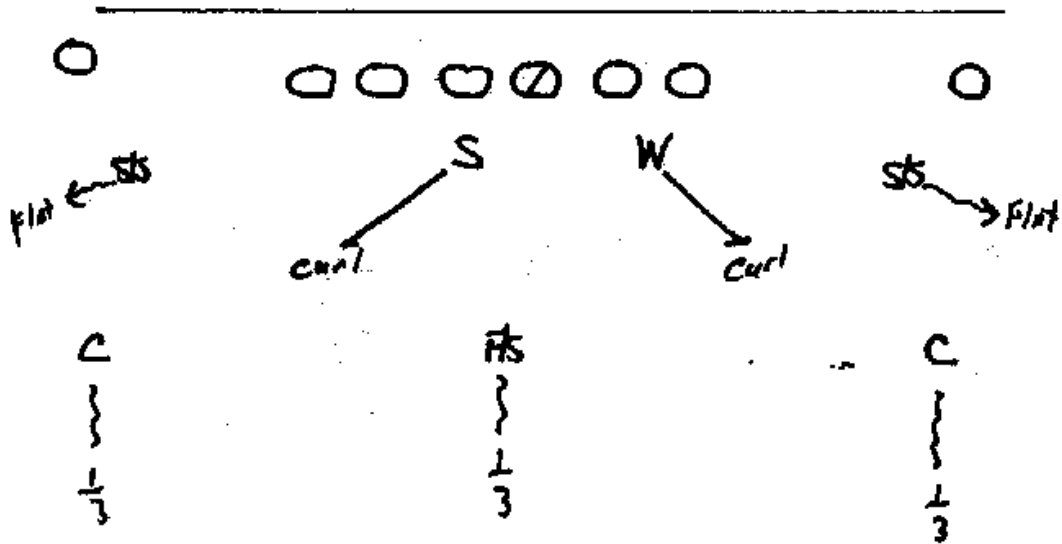
F/S (Free)

FS - Key #2: jammer on seam: if TE balanced in flat looks for drag or curl by DE but: If TE drops underneath - sink to middle:

Both CBs play  $\frac{1}{2}$ :

Can play 4-man also: <sup>Both</sup> S/S-man, Sam-man or TE & F/S-Free:

Cover 5  
(3 deep coverage)



Both S/S - Widen to help take away look-in (slant etc?) etc:  
Cover Flat:

Sam + Willie - Split + cover Curl Zone  
CB + FB - 3 deep  $\frac{1}{3}$

Cover 5 FIRE:

Both S/S - Fire: play 3 deep +  
LB cover curls: - We give  
up the flats:

Cover 5 - MNN  
(MAN-3 deep coverage)  
(Need to be in 50- Eagle front)

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